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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D.C.

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JUN 1 1938
U. S. Department of Agriculture

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BOTTLING FRUIT JUICES IN THE HOME

The following procedure is suggested for home canning of juices from the various berries, cherries, currants, and plums. The methods required to obtain satisfactory products from cider, grape juice, and citrus juices are not given here.

In order to preserve as much as possible of the original flavor and color of the fresh fruit, a minimum of heating should be used in precooking the fruit before extraction of the juice, and in the pasteurization of the juice after bottling. A good thermometer should be used to check the temperatures.

Use only sound, well-ripened fruit in such quantities that the process can be carried through promptly from beginning to end.

Glass jars with glass lids or bottles (such as used for soft drinks) and crown caps are recommended. A small hand-capper is required for affixing the caps on bottles. Sterilize glass jars, jar lids, and bottles in boiling water before filling and fill while hot. Do not boil bottle caps or rubber jar rings, but dip them in boiling water just before placing on the bottle or jar. Use a water bath with a false bottom or rack for processing. The water should cover glass jars an inch or two. Lay bottles on their sides during processing.

Small fruit presses for juice extraction are available. Extraction of a small quantity of fruit juice can be made by straining the cooked and softened fruit through a jelly bag, or several layers of cheesecloth. Re-straining through a heavy cloth will further clarify the juice.

Fruit juices and purees

Wash the fruit, drain and crush. To firm berries, also cherries, currants, and plums, add water as desired to thin the juice, - as 1/2 cup water to the pound of fruit. Heat to 170° to 180°F. (somewhat below simmering), and hold for several minutes, or until the juice can be separated from the pulp. Extract the juice. Add sugar as desired, usually 2 to 5 percent by weight. Sugar helps to preserve color and flavor in the juice, but it may be omitted if an unsweetened juice is preferred. Heat the juice to 160° to 170°F. and fill into sterilized glass jars or bottles to within 1/8 inch of the top. Seal at once. Process pint and quart containers for 20 minutes in a water bath at 180°F.

For fruit purees proceed as for fruit juice except put the cooked fruit through a fine sieve, and process 20 minutes at boiling temperature (212°F.). Store the canned juices and purees in a cool, dark place.

General information on canning procedure is given in Farmers' Bulletin 1762, Home Canning of Fruits, Vegetables and Meats, a copy of which should be obtained and used to supplement these directions.

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PARTIAL LIST OF REFERENCES ON THE CANNING OF FRUIT JUICES

Canning of California grape juice. W. V. Cruess and L. Cash. Fruit Products Jour. and Amer. Vinegar Indus. 15: 357-358, 364. August 1936.

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Making grape juice in the home. N. Y. (Geneva) Agr. Expt. Sta. Circ. 166, 7 pp. August 1936.

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Prune juice. E. M. Maak. Fruit Products Jour. and Amer. Vinegar Indus. 16: 230. April 1937.

Retaining flavor and vitamin content in fruit juices. M. A. Joslyn. Fruit Products Jour. and Amer. Vinegar Indus. 16: 234. April 1937.

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The Canning Trade, 205 Gay St., Baltimore, Md.

Fruit Products Journal and American Vinegar Industry. Avi Publishing Co., Inc., 31 Union Square, New York City.

Western Canner and Packer. Western Trade Journals, Inc., 121 Second St., San Francisco, Calif.

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